

## Full Report (All Nutrients) 19077, Baking chocolate, unsweetened, liquid

Report Date: June 26, 2017 16:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 1.33 Fat Factor: 8.4 Protein Factor:1.83 Nitrogen to Protein Conversion Factor:5.63

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g
<b>Proximates</b>					
Water	g	0.90	1	--	0.26
Energy	kcal	472	--	--	134
Energy	kJ	1975	--	--	560
Protein	g	12.10	1	--	3.43
Total lipid (fat)	g	47.70	1	--	13.52
Ash	g	3.10	1	--	0.88
Carbohydrate, by difference	g	36.20	--	--	10.26
Fiber, total dietary	g	18.1	--	--	5.1
Sugars, total	g	0.00	--	--	0.00
<b>Minerals</b>					
Calcium, Ca	mg	54	1	--	15
Iron, Fe	mg	4.15	1	--	1.18
Magnesium, Mg	mg	265	1	--	75
Phosphorus, P	mg	340	1	--	96
Potassium, K	mg	1166	1	--	331
Sodium, Na	mg	12	1	--	3
Zinc, Zn	mg	3.68	1	--	1.04
Copper, Cu	mg	1.910	1	--	0.541
Manganese, Mn	mg	1.650	1	--	0.468
Selenium, Se	µg	7.9	--	--	2.2
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g
Thiamin	mg	0.050	1	--	0.014
Riboflavin	mg	0.279	--	--	0.079
Niacin	mg	2.100	1	--	0.595
Pantothenic acid	mg	0.154	--	--	0.044
Vitamin B-6	mg	0.072	--	--	0.020
Folate, total	µg	19	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	19	--	--	5
Folate, DFE	µg	19	--	--	5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	12	--	--	3
<b>Lipids</b>					
Fatty acids, total saturated	g	25.290	--	--	7.170
6:0	g	0.130	1	--	0.037
8:0	g	1.590	1	--	0.451
10:0	g	1.270	1	--	0.360
12:0	g	9.450	1	--	2.679
14:0	g	3.630	1	--	1.029
16:0	g	6.060	1	--	1.718
18:0	g	3.160	1	--	0.896
Fatty acids, total monounsaturated	g	9.230	--	--	2.617
16:1 undifferentiated	g	0.050	1	--	0.014
18:1 undifferentiated	g	9.180	1	--	2.603
Fatty acids, total polyunsaturated	g	10.700	--	--	3.033
18:2 undifferentiated	g	10.100	1	--	2.863
18:3 undifferentiated	g	0.600	1	--	0.170
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.182	--	--	0.052
Threonine	g	0.481	--	--	0.136
Isoleucine	g	0.471	--	--	0.134

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 oz 28.35g</b>
Leucine	g	0.737	--	--	0.209
Lysine	g	0.609	--	--	0.173
Methionine	g	0.125	--	--	0.035
Cystine	g	0.148	--	--	0.042
Phenylalanine	g	0.584	--	--	0.166
Tyrosine	g	0.456	--	--	0.129
Valine	g	0.730	--	--	0.207
Arginine	g	0.689	--	--	0.195
Histidine	g	0.210	--	--	0.060
Alanine	g	0.561	--	--	0.159
Aspartic acid	g	1.211	--	--	0.343
Glutamic acid	g	1.828	--	--	0.518
Glycine	g	0.545	--	--	0.155
Proline	g	0.520	--	--	0.147
Serine	g	0.525	--	--	0.149
<b>Other</b>					
Caffeine	mg	47	--	--	13
Theobromine	mg	1597	--	--	453